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LIFELINE®: DEVELOPING COMMUNICATION ACROSS DIMENSIONS

by Phyllis Berman Popkin

Phyllis Berman Popkin and her husband, Arnie, credit The Monroe Institute and Bob Monroe with prompting major changes in their lives. After receiving intuitive messages during the GATEWAY VOYAGE® in 1979, they moved from New Jersey to Charlottesville, Virginia, and Phyllis wrote her first two books, Have You Seen Any Good Miracles Lately? and the accompanying workbook, And That's That. After Arnie attended GUIDELINES® in 1985, they built a home on the New Land, adjacent to the Institute. Phyllis began conversing with people who have made the death transition almost daily after she and Arnie took the LIFELINE® course in 1992.

For almost forty years I struggled with decision making, before learning that we all have an inner wisdom that is always available to us.

For almost forty years I thought that there was an impenetrable wall between the living and those who had left the earth plane. Over the next decade came the knowledge that communication was possible. However, it was at the *LIFELINE* course at The Monroe Institute in December 1992, that my world expanded immeasurably. Just as I could easily converse mentally with people on earth when we were in different cities, I could feel safe and comfortable doing the same thing with those who had entered the next phase of life! Can you imagine my joy, amazement, and relief at seeing my "deceased" relatives and friends looking happy, healthy, and younger? While relaxing and listening to a Hemi-Sync® tape, I was instructed by my intuition to share the insights and strong feelings of those who have passed on with people still in this reality.

Here are some examples:

* While my daughter and I were driving in separate cars on a crowded superhighway near Washington, D.C., a sudden heavy rainstorm began. I trembled with fear for our safety. Suddenly Nancy Monroe, who had died two days before, was sitting beside me. I was stunned! She had suffered for months, but now looked radiant. She assured me that both my daughter and I were being protected. She also said: "Phyllis, if I had known how wonderful it was going to be up here, I would have left the earth earlier! Please work with Bob and tell people [those who are quite ill and near death] to leave earlier." Her advice inspired me to enroll in *LIFELINE*.

* After *LIFELINE*, I continued "tuning in" on deceased people. One day I inquired about a seventy-five-year-old retired car dealer who had recently died. His greeting was very different. In my mind, I saw him crying uncontrollably on my shoulder as he repeated: "It wasn't my time!"

It wasn't my time!" Asked what he would do if he could return to earth, he responded, "I'd hug more people!" To ease his unhappiness, I informed him that I was one of the world's biggest huggers. The license plate of my car, purchased from his showroom, reads HUG MORE. I promised to ask his family for a photo of him. Then, whenever I hugged, I'd say that the hug was from both of us and would show the person his photo. He brightened immediately!

Speaking with his son that evening by phone, I learned the younger man had been angry all his life because his father never showed affection or shared his feelings. So it was most appropriate that during a visit the next day I gave him the hug from his father that he had always craved. We both cried.

* In a mental conversation with Anne, an older woman I'd never met, she greeted me in a British accent for part of the conversation, while sitting on a throne, and regally offered me tea! She then said: "Thank you for joining me in my playacting. I've always been fanciful but kept it well hidden. What a pity! Phyllis, tell people on earth to go after their hearts' desires, to do the things that inside they feel compelled to do. Take all the "shoulds" and "should nots" and burn them. Then people on earth will be happier, more joyful inside, and will manifest peace on the outside. Tell them, please, Phyllis. I meet so many frustrated people up here who wish they had followed their dreams while they were on earth."

* Gary, a young man who died of AIDS, gave me a message for his grieving, angry sister. He reported: "I'm laughing and dancing. Life is great up here! Stop worrying about what's happening with my money. I'm not! Just let life flow on and watch what happens. If you're watching, not judging, you'll see good in every situation, every single one, I swear it.... Picture yourself up here, looking down at all the little games people play with one another. They're not necessary. Period!"

"Love is the key. Remember that forever. Actually, you have to, sooner or later. That's what they teach us up here. So why not learn it sooner, little sister? I love you. Stop fussin'; start living with joy! Look at yourself in the mirror and you'll see the difference. Look at yourself and think angry thoughts. See how you look? Now think of something or someone you love. Notice how your features soften? Soften, melt, and you'll help the world soften and melt. You can do it! Please do it, for me."

There are many other communications that might be collected and published someday. Meanwhile, I'm so grateful to be able to deliver consoling messages to individuals here on earth and to relay the newly-acquired wisdom that deceased people are so eager to share to such a wide, receptive audience.

[Ed. note: Phyllis is currently writing her third nonfiction book, a detailed guide on how to use Hemi-Sync and other methods to relax, get in touch with intuition, and begin to trust it. The working title: Shut Up and Listen.]

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